FORGET THE TAKEOUT
SLOW COOKERS MAKE HOMEMADE INDIAN SIMPLE {page 13}

TWINS SEEKING CELEB CONNECTIONS
SCENE {page 10}

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Four injured in Gastown shooting

One victim was shot in wrist, will need surgery ◗ More than a dozen witnesses were interviewed by police ◗ Two suspects known to police were arrested nearby

KRISTEN THOMPSON
@METRONEWS.CA

Police have arrested two men in connection with a possible random shooting in Gastown that sent four people to hospital yesterday.

Three women and one man were standing at the corner of Water and Richards streets at around 2:15 a.m. when they were shot, said Vancouver police Const. Jana McGuinness.

Police sent out a release on Friday suggesting there was a higher probability of gang violence this weekend.

"We can't make that link ... at this point," McGuinness said. "But at this point it looks like we're dealing with innocent victims."

For more on this story visit metronews.ca/vancouver

KRISTEN THOMPSON/METRO

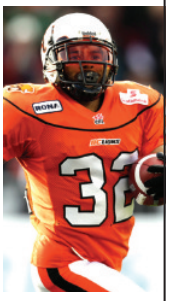
▶ Vancouver police Const. Jana McGuinness speaks to reporters in Gastown yesterday.

Local

Clerk validates $50M ticket

◗ Convenience store regular returned to check Lotto Max quick pick ◗ Jackpot stands to be richest in provincial history {page 3}

Playoff hopes still alive



Lions score vital victory over Roughriders {page 17}

Khadr gets 8 years under deal

But military jury wanted 40-year sentence {page 6}

Flying high with catering

The challenges of preparing airplane food {page 15}

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‘Unbelievable,’ says cashier who checked ticket

$50M Lotto Max win largest in B.C. history If confirmed, the winner could receive their giant-sized lotto cheque as early as this afternoon

SARAH N. FITZGERALD/FOR METRO

▶ Sunil Arora works at the Kitsilano Mac’s where the winning ticket was sold and validated.

SARAH N. FITZGERALD
VANCOUVER@METRONEWS.CA

When Sunil Arora awoke Saturday morning, the last thing he expected to do was validate a $50-million lotto ticket.

The Lotto Max win, which hasn’t been officially confirmed by the B.C. Lotto Corporation, stands to be the biggest lottery win in B.C.’s history.

Arora, a soft-spoken cashier, has been working at a Kitsilano Mac’s store for nearly two years. Up until now, the largest win he’s seen was $2,000.

“It was unbelievable,” said Arora, recalling the moment he checked the winning ticket.

“I couldn’t believe (my eyes), it was fantastic.”

The winner, a store regular, came in and checked the ticket at a self-scanner just after noon, but refused to believe the display, said Arora.

28.6M

The chances of winning this past weekend’s draw was one in 28.6 million, said Trevor Miller with BCLC. The chances of being struck by lightning in any given year are one in 700,000.

The ticket, a quick pick, matched seven out of seven winning numbers.

The winner “came over to me and wanted me to recheck the ticket. And when I rechecked … (it was) confirmed as a $50-million jackpot.”

Like most people, Arora admitted that for a second, he wished he was B.C.’s newest millionaire.

The previous largest lottery prize in B.C. was $25 million, won earlier this year by a Surrey couple.

HST info centre opens today

The province is set to launch a public HST information centre today in an attempt to clear up confusion ahead of the referendum on whether to scrap the controversial tax.

John Les, Liberal parliamentary secretary for HST information, said the point is to arm the public with the facts.

“Whether people vote for or against the (HST), I want them to make it on an informed basis,” Les said.

He said the NDP is trying to turn the public against the HST for political manoeuvring while playing “fast and loose” with the facts.

NDP MLA Mike Farnworth called the information centre a “ridiculous waste of public funds” and a “pathetic attempt” to change public opinion about the controversial tax.

KRISTEN THOMPSON

Voting day

- The province will be conducting a provincewide initiative vote on the HST on Sept. 24, 2011.

Cops blame crashes on break-in suspects

Two people are in hospital after break-in suspects caused several vehicle accidents in New Westminster, including one that shut down the Queensborough Bridge for hours yesterday afternoon.

The incident began around noon, when a man and a woman were allegedly spotted by police loading objects into the back of a panel van.

The pair fled and crashed into a sedan in an intersection, police say, before driving into oncoming traffic on Queensborough Bridge, crashing into a small pickup. METRO

Rocket launcher’s origins a mystery

Police are looking into how a loaded military rocket launcher found its way into a wooded area on Vancouver Island. A contractor found the weapon, which had a live rocket grenade in its tube, near the Malahat Highway. It had been there for several months.

KRISTEN THOMPSON

RCMP HANDOUT

▶ This rocket launcher was found in the woods on Vancouver Island.

Two bodies found in car in Nanaimo

Two bodies were found in a car parked at Departure Bay beach in Nanaimo on Saturday. The victims, a woman in her 70s and a man in his 40s, were likely shot earlier that day.

A gun was found inside the car.

Their identities have not been released.

MAE KAKIZAKI

1 news

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SCANLIFE

A new study suggests alcohol is more addictive and damaging than cocaine or heroin. Scan code for story.

Closures hurt disabled, say parents, MLAs

STEPHANIE ORFORD/FOR METRO

▶ Nicky Rayment and her son Andrew, an autistic Grade 1 student at Vancouver's Queen Alexandra Elementary, protest yesterday against the school's potential closure.

About 600 people protested at a previous school closure meeting

STEPHANIE ORFORD
VANCOUVER@METRONEWS.CA

More than 50 children with disabilities will be displaced if Queen Alexandra and Carleton Elementary schools close, warned Vancouver NDP MLAs Jenny Kwan and Adrian Dix yesterday.

The pair gathered at Queen Alexandra with parents to protest the potential loss of 30 special-needs spots at Carleton and another 25 at Queen Alexandra.

Single mother Nicky Rayment said it took her a year to get a spot at Queen Alexandra Elementary for her autistic son Andrew.

Now, she said, the school's looming closure would be "undoing all the work we've done in the last couple of years" to help her son.

On Oct. 4, the Vancouver School Board (VSB) announced a short-list of five Vancouver schools slated for potential closure by next June, due to a lack of funding.

Kwan called the funding cuts "penny wise and pound foolish," saying they would save money up front, but cost too much in the long run, both financially and in the quality of life and education of children.

The VSB is holding a series of public feedback meetings on the school closures, including one at 7 p.m. today at Vancouver Technical Secondary. Visit vsb.bc.ca/school-closures for info.

WRONGFUL CONVICTION

Payment for Henry, not inquiry: Lawyers

Lawyers for Ivan Henry, a man who spent 27 years in prison for a series of rapes he didn't commit, are turning their eyes towards financial compensation, but don't believe there is any need to hold a public inquiry into the miscarriage of justice.

Henry was convicted of raping eight women in Vancouver between May 1981 and June 1982. The B.C. Court of Appeal acquitted him last week on all counts.

He joins a growing list of Canada's wrongfully convicted, many of whom have received multimillion-dollar settlements for wasting away for years in prison.

THE CANADIAN PRESS

Teen charged in stabbing

A 15-year-old will appear in North Vancouver provincial court today charged for the schoolyard stabbing of a student in West Vancouver.

The victim has been released from hospital and is expected to fully recover. Police say the stabbing was an isolated incident.

METRO

Search on for missing girl

Burnaby RCMP are searching for a missing 15-year-old Vancouver Island girl.

Autumn Peters-Mackillop was last seen on Thurday walking toward the Metrotown SkyTrain with a friend.

She's described as five-foot-five, slight of build and has blonde hair.

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Yaletown. Halloween

▶ Ciel, left, and Vaya Fitzpatrick in Yaletown yesterday.

STEPHANIE ORFORD/FOR METRO

Gathering goodies in Yaletown

Droves of little ghouls and ghosts haunted Yaletown yesterday for the neighbourhood's annual trick-or-treating extravaganza.

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UBCIC calls for Hawes' resignation

The Union of B.C. Indian Chiefs is calling for the resignation of Randy Hawes, B.C.'s minister of state for mining. In a letter to Premier Gordon Campbell, the union accuses Hawes of promoting racist stereotypes by saying that some First Nations people "reject mining for a more traditional lifestyle — those linked to lower birth weights, higher birth-rate deaths and lower lifespans."

CBC.CA

Ottawa man found dead in Mexico

HO/THE CANADIAN PRESS

The search for an Ottawa-area businessman missing in Mexico has come to a tragic end after his remains were found in the trunk of his charred rental car, his family said yesterday.

Daniel Dion, 51, who ran a business in the city of Acapulco that employed inmates to make bags from recycled materials, was last heard from on Oct. 22, while at a restaurant in the city.

On Friday, police in southern Mexico confirmed Dion's rental car had been found completely burned with a corpse in the trunk, about 33 kilometres north of Chilpancingo in the state of Guerrero.

Several family members, including Dion's brother Gaetan Dion and his nephew Shanny Bolduc, travelled to Mexico to search for the Sherbrooke, Que.-native after he stopped contacting his family and failed to board his flight home last Tuesday.

In a letter to the media, Bolduc and Gaetan Dion detailed the painstaking days of battling with Mexican officials and a car rental company in an attempt to find out what happened to Dion.

THE CANADIAN PRESS

Group calls for milk banks in Canada

In a move that would help feed sick and premature infants, the Canadian Paediatric Society is calling for breast milk banks to be built across the country.

The banks would freeze and distribute pasteurized mother's milk as a healthier alternative to formula.

The group is currently in negotiations with the Ontario Health Ministry to fund the project. Unger says a final price tag has not been determined, but that it would be a multi-million-dollar venture.

Ontario hospitals currently import what milk they do use from an Ohio bank. Donor mothers must undergo the same testing as people who give blood.

TORSTAR NEWS SERVICE

11 There are currently 11 milk banks in North America, but only one in Canada. Located in Vancouver, it only supplies that city's demands.

CANADIAN DOUGLAS

Storm chasers

Today's photo of the day is by Canadian Douglas and was submitted in the Everyday Travel category. The photo is titled: Prairie Storm. Enter your photos today and view more pictures at metrophotochallenge.ca.

metro PHOTO CHALLENGE

Driver's licence fraud revealed

Almost 100 Ontarians have unknowingly had their addresses changed on their driver's licences and are possible victims of identity theft, says the province's privacy commissioner, warning there may be more victims of this kind of fraud.

An internal investigation is ongoing and security measures have been tightened up, a ministry spokesman said.

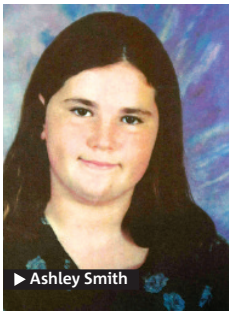
TORSTAR NEWS SERVICE

Cases

- So far, the ministry has uncovered 93 cases of fraudulent address changes, and another two suspicious cases, according to a report.

Smith case to be heard in coroner's court

HO/THE CANADIAN PRESS



Merely examining snippets of a teenage inmate's troubled life in the months before a strangulation attempt that went too far will not provide enough context to prevent similar deaths, Ontario coroner's courts will hear today.

In the last 11 months of her life Ashley Smith was transferred 17 times between prisons and other facilities. The transfers spanned four of the five regions of the Correctional Service of Canada.

Her family argues the transfers were done perhaps to get around a rule that inmates be kept in solitary confinement for a maximum 60 days without a psychiatric assessment.

A transfer resets that clock.

Ontario's Deputy Chief Coroner Dr. Bonita Porter has decided to limit the upcoming inquest into Smith's death to the 13 weeks the girl spent in Ontario.

Porter is set to hear arguments today from Smith's family and advocates requesting the scope be expanded to at least the entire time she was in federal custody.

Included in the arguments will be an internal 2007 report commissed by Correctional Services that concluded Smith's death was likely an accident and not a suicide.

Extracts from the report filed in civil court show psychiatrist Margo Rivera concludes that "no one intended Ashley Smith to die, least of all Ashley Smith herself."

Rivera said Smith repeatedly assured prison staff that she did not strangle herself to die. She writes that several prison staff remembered Smith saying "I'm not going to die, because it's your job to save me."

THE CANADIAN PRESS

Failing system?

- In September the federal prison ombudsman denounced the practice of locking up mentally ill offenders alone for long periods, saying many of the same structures and policies that failed Smith three years ago remain in place.
- The inquest is expected to start in January 2011.

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Man unearths himself

Escapist crawls out after being buried alive for two days to pay tribute to idol Houdini

Going one better than his idol Harry Houdini, escape artist Dean Gunnarson clawed his way out of the earth after two days buried alive.

"Happy Halloween, Harry," said Gunnarson, dirty and staggering after being helped from his "grave."

"Nothing is impossible if you truly believe."

He told the crowd that had gathered yesterday to watch the stunt that he didn't know how much energy he'd have after more than 40 hours without food or water.

He said it was cold and damp and he could hear the regular rumbling of the trains that went by on tracks only about 180 metres away.

"Every time that darn train went by for the last two days, I felt it nothing but rumble and I was worried the dirt might get packed in too much," he said.

Melanie Davidson and her three children said it was the first time she had seen Gunnarson escape live.

"I've heard of him for sure," she said.

Davidson said that while Gunnarson might be able to do such dangerous stunts, she wouldn't advise anyone else to try.

"He proved that he can do it, so I guess it's OK for him."

Friday evening, Gunnarson was locked into chains, bound and then placed inside a steel coffin. The coffin was then locked and wrapped in more chains.

It was buried almost two metres under the earth in the parking lot of an indoor golf driving range in south Winnipeg. THE CANADIAN PRESS

JOHN WOODS/THE CANADIAN PRESS

▶ Dean Gunnarson, escape artist, emerges from a steel case that was buried six feet under the ground yesterday in Winnipeg. He was buried alive on Friday.

Cold reception

More than 100 people stood shivering the parking lot to wait and watch. The temperature hovered only a few degrees above freezing under a grey sky.

Gunnarson's insight

Gunnarson said the experience left him with a better understanding of what the trapped miners went through in Chile recently, and after just two days underground he didn't know how they managed to survive more than two months. THE CANADIAN PRESS

Jury's decision for 40-year sentence overruled

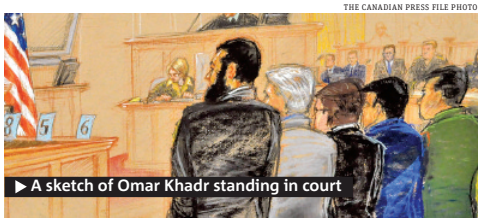
Canadian war criminal Omar Khadr was handed an eight-year sentence for war crimes yesterday in accordance with a plea agreement, even though a military jury called for 40 more years behind bars.

The sentence was welcomed by the widow of the American soldier Khadr killed as a 15 year old, when he threw a grenade at the end of a firefight in Afghanistan in July 2002.

"Today is a huge victory for my family," said Tabitha Speer, who had blasted Khadr as a killer.

The pre-trial deal also calls for Khadr, 24, to serve one more year in U.S. custody. After that, he can apply to transfer to Canada to serve out the balance of his sentence under Canadian terms. Diplomatic notes between Washington and Ottawa released yesterday show the U.S. will support the transfer, and Canada will look on it "favourably." THE CANADIAN PRESS

THE CANADIAN PRESS FILE PHOTO



▶ A sketch of Omar Khadr standing in court

Testimony

Despite the "dip notes," a spokeswoman for Foreign Affairs Minister Lawrence Cannon said in an email Omar Khadr "would be treated like any other Canadian who applies for a transfer."

Clinton. Cambodia

▶ U.S. Secretary of State Hillary Rodham Clinton shares a laugh with a group of girls from the U.S.-funded Siem Reap Center, a shelter run by AFSEIP that provides rehabilitation, vocational training, and social reintegration for sex trafficking victims, yesterday in Siem Reap, Cambodia. Clinton promised them continued U.S. support to improve their lives.

EVAN VUCCI/THE ASSOCIATED PRESS

'You motivate me,' Clinton tells victims

More weapons used by border guards: Report

Annual use-of-force report says guards are pulling their guns from their holsters about three times a month

The number of clashes at Canada's borders rose again last year as more officers pulled their guns and swung their truncheons to deal with troublesome travellers.

So-called use-of-force incidents are up 170 per cent in just four years — and more border officers are needed to respond to each problem, says an internal report.

The actual number of incidents — 137 in the fiscal year that ended on March 31 — is a fraction of the 80 million people processed at border points over the period.

In Canada

- Most of the clashes happened in the agency's Pacific region, with 47 incidents last year, followed by Quebec with 20. Spokeswoman Sabrina Mehes declined to comment on the regional numbers.

But critics have said with more and more guards carrying sidearms, it may only be a matter of time before a handgun is discharged to end a violent episode.

So far, just one bullet has been deliberately fired in the line of duty since July 2007, when officers first began packing guns. The shot was to put down an injured moose on a British Columbia highway last summer.

THE CANADIAN PRESS

THE VATICAN

Sex abuse victims blocked

Italian paramilitary police blocked a boulevard leading to the Vatican to prevent a march in Rome yesterday by survivors of clergy sex abuse from reaching St. Peter's Square.

When Vatican spokesman the Rev. Federico Lombardi came to speak with organizers yesterday evening, a protester shouted "Shame, shame" in Italian, and Lombardi left, escorted by police.

After that, one of the organizers, Gary Bergeron, did meet briefly with Lombardi and the two agreed to meet last night after the end of the protest.

The event, which aims to show survivors worldwide they are not alone — is being organized by Bergeron and another Boston man, Bernie McDaid, who were abused by the same priest starting in the sixth grade.

THE ASSOCIATED PRESS

India search on hold

The Indian navy, coast guard and police suspended their search yesterday for dozens missing after a boat crowded with Muslim pilgrims capsized near the Bay of Bengal, killing at least 25, police said. The search will resume with helicopters and divers scouring the mouth of the Hooghly River, Parganas district police Chief Laxmi Narayan Meena said.

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Grameen Bank to come to Canada?

- Grameen America branches in New York City, Omaha
- Bank could help newcomers with limited credit access

PETER KOLLANYI/THE CANADIAN PRESS

▶ Muhammad Yunus

A man who won the Nobel Peace Prize for helping poor entrepreneurs around the world says he'd love to see his microfinancing ideas implemented in Canada.

"We'd be delighted to do that if we're invited to do it," Muhammad Yunus said of establishing one of his Grameen Bank branches in Canada.

The institution helps people with limited access to credit. Proponents say it could help struggling Canadians — including newcomers and members of aboriginal communities.

"I've met a lot of First Nations leaders and I've always felt this is something that can be done quite easily," Yunus said on a recent visit to Montreal.

His first branch, founded in Bangladesh in 1983, now boasts 8.3 million members. It has provided a total of $9.7 billion in microloans, primarily to women, for businesses ranging from furniture-making to farming.

But establishing a traditional Grameen Bank in Canada faces particular hurdles.

"One of the big challenges in Canada is the regulatory environment, in terms of savings for example," said Gord Cunningham, interim director of the Coady International Institute at St. Francis Xavier University in Antigonish, N.S.

"This is a highly regulated environment. It's not even that easy to establish a credit union anymore even though they started out at kitchen tables."

In Canada, the experience has been more with microcredit — small loans — rather than microfinance.

In the developing world, the loan money comes from savings. But that's not possible in North America, so where to find the capital and how to make it a break-even venture remain question marks, Cunningham said.

In Canada, the experience has been more with microcredit — small loans — rather than microfinance.

In the developing world, the loan money comes from savings. But that's not possible in North America, so where to find the capital and how to make it a break-even venture remain question marks, Cunningham said.

Several attempts have been made to establish microloan models in Canada, but most have not lasted.

THE CANADIAN PRESS

Pontiac. 1926-2010

▶ A 2009 Pontiac Solstice convertible sits in the showroom of the Anthony Pontiac GMC Buick dealership in Gurnee, Ill.

CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

GM singing the Pontiac blues

Pontiac, whose muscle cars drag-raced down boulevards, parked at drive-ins and roared across movie screens, is going out of business. The 84-year-old brand, moribund since General Motors decided to kill it last year as it collapsed into bankruptcy, had been in decline for years.

London faces gentrification

DAN KITWOOD/GETTY IMAGES

▶ Boris Johnson

It's been at the heart of London's identity for decades: Bakers and bankers live on the same city streets in patchwork neighbourhoods where swank mansions sit in the shadow of grim tower blocks, and residents from all walks of life mingle in shops, schools and subway stations.

Now Britain's debt-shredding austerity measures will slash housing benefit payments used to subsidize rents for the low-paid, threatening to price tens of thousands of poor families out of their homes and force them toward the fringes of the country's capital — an exodus that could permanently erode London's famed ethnic, economic and cultural mix.

Outspoken London Mayor Boris Johnson likens the plan to "Kosovo-style social cleansing."

Some fear London will become more like Paris, where rich elites monopolize the city centre and the poor stagnate in decaying housing projects ringing the capital.

But in tough times, others wonder if Britain can still afford to help ordinary workers find homes in a city centre that keeps getting pricier, even as the overall economy shows only sluggish growth.

THE ASSOCIATED PRESS

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RIM bends to India's security demands

India has followed the United Arab Emirates in backing off from a threat to ban popular services on BlackBerry devices, amid growing global concern over access to encrypted information.

The Ministry of Home Affairs said Friday that Research in Motion Ltd., the Canadian maker of the smartphones, has agreed to an interim arrangement for lawful interception of BlackBerry Messenger services — an instant messaging application — and pledged to provide a final solution by the end of January.

Citing national security concerns, India had threatened to ban corporate email and messenger services by August if Research in Motion didn't come up with a way for the government to monitor them. It remains unclear what solution the parties may have reached.

THE ASSOCIATED PRESS

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Gold contracts $1,357.60 (+ $15.10)

MGM to merge with Spyglass

Creditors of struggling Hollywood studio Metro-Goldwyn-Mayer Inc. have voted to approve a merger with Spyglass Entertainment, MGM said Friday.

The approval came with the backing of billionaire investor Carl Icahn, a person familiar with the matter told The Associated Press. THE ASSOCIATED PRESS

China Expo draws 72M visitors

China wrapped up its record-breaking World Expo yesterday with a lavish display of national pride, as organizers of the mammoth event pledged to continue pursuing more sustainable, balanced growth. More than 72 million visitors have been treated to a smorgasbord of cultures and technologies. THE ASSOCIATED PRESS

BETTER ODDS OF A LIGHTNING STRIKE

Urban Compass

PAUL SULLIVAN

I won't be surprised, if for a couple of weeks at least, there's a lineup for the lottery ticket desk at the Mac's store at the corner of Broadway and Hemlock.

Lightning in the form of a $50-million win struck that corner over the weekend. I don't know about you, but when it strikes that close, my lifestyle fantasies flash before me.

My wife and I have what is known around our place as the Stupid Lottery Argument.

Whenever she buys a ticket (I never buy a ticket as I'm above all that), she starts to fantasize about giving it all away. The object seems to be to give as much away as possible while keeping just enough to pay off the mortgage and have enough left over for a comfortable dotage.

The targets of her largesse usually include, in no particular order:

The children, her relatives, the starving children in Africa, Girls Who Need Help, close friends, workmates and passing acquaintances.

I can only say if she wins the lottery, there will be a lot of surprised and happy new millionaires at the same time.

"I can only say if she wins the lottery, there will be a lot of surprised and happy new millionaires at the same time."

Needless to say, this strikes me as absolutely nuts, as I patiently point out her plan does not leave enough for the new luxury autos, the vacation properties in both British Columbia and Someplace Warm, the pied-à-terres in London and Paris, the yacht, the private jet, etc. And that's just the essentials.

Even though it becomes clear quickly how easy it is to burn through $50 million, she's not convinced. No one needs $50 million she counters, even though I've just demonstrated, using remorseless logic, how $50 million is barely enough to make ends meet.

She refuses to budge and keeps thinking up new ways to bestow millions on others who aren't nearly as deserving as I am. I mean, no one is as deserving as I am.

And then it occurs to me that I've been suckered in again and the whole thing is pathetic.

Pathetic because I can't even fantasize without turning it into a debate.

Pathetic because the chances of winning the Lotto Max jackpot of $50 million are nearly one in 29 million.

(Not to mention pathetic because I'm a greedy little pig who deserves to go to bed without his supper.)

But hope, no matter how pathetic, springs eternal. Easy Street is just down the street at the corner of Broadway and Hemlock, and the odds of lightning striking twice are only one in nine million.

I'll take that bet.

Cartoon

MICHAEL DE ADDER

Discoverer of insulin

Worth mentioning

A life-saving discovery

TORSTAR NEWS SERVICE FILE PHOTO

INSULIN. Sir Frederick Banting awoke early on Oct. 31, 1920 with an idea that some call the most important medical discovery of the 20th century — insulin. His discovery would eventually lift a death sentence for millions of people around the globe who suffered from diabetes.

A three-metre-high sculpture by local artist Daniel Castillo was to be unveiled yesterday at Banting's London, Ont., home to mark the milestone's 90th anniversary.

The doctor had prepared a lecture on diabetes that he was to give on Nov. 1. Trying to read himself to sleep the night of Oct. 30, he perused an article about the pancreas.

In his own words, he said, "The lecture I prepared and the article I read had chased each other in my mind. At 2 a.m. they came together. I got up. I wrote it down."

Banting teamed up with Prof. John James Rickard Macleod, Charles Best and Dr. James Bertram Collip at the University of Toronto. Early experiments were on dogs in 1921. The first successful insulin test on a human came in 1922.

At age 32, Banting became the first Canadian — and youngest person — to win the Nobel Prize in Physiology or Medicine.

THE CANADIAN PRESS

Do you get along with your inlaws?

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Metro Minute with Great Big Sea

Struggling with the Monday blues? Cast them away with the smooth sound waves of Great Big Sea. The popular folk-Celtic rockers will be playing at the Orpheum Theatre tonight.

The Newfoundland natives are celebrating their 17th anniversary and the release of their ninth studio album, Safe Upon The Shore, which came out this summer.

If you need any indication as to how committed they are to their fans, in 2006 their tour bus tipped over into a ditch near Abbotsford. Hours later, they were on stage at the Centre in Vancouver for Performing Arts.

For more information, visit ticketmaster.ca.

METRO

CONTRIBUTED

▶ Tonight's Great Big Sea show starts at 7:30 p.m. and tickets start at $35.50.

2 scene

Saw returns

Psychokiller Jigsaw has come back to life at the box office.

Saw 3D, the seventh installment in the series about Jigsaw's legacy of bloody terror, debuted as the Halloween weekend's No. 1 movie with $24.2 million.

That was $10 million more than last year's Saw VI, the first dud in the annual horror franchise. But it still was a modest return compared to earlier chapters in the Saw series, whose previous sequels all had topped $30 million over opening weekend.

The Saw 3D debut also was soft compared to the previous weekend's No. 1 movie, Paranormal Activity 2, a newer fright franchise that opened with $40.7 million. Paranormal Activity 2 slipped to No. 2 this weekend, raising its total to $65.7 million.

THE ASSOCIATED PRESS

Paul Reubens, aka Pee-wee Herman, is making a comeback on Broadway.

The twist on celebrity twins

Twist TV's Raising Sextuplets follows the lives of Jenny and Bryan Masche and their brood of six. Multiple births have become "in" in Hollywood. Here's a look at the twin connection:

▶ Neil Patrick Harris: Twins

Kids were carried by surrogate mothers

▶ Sarah Jessica Parker: Twins

Attended the Emmy Awards in 2010

Starred on Broadway

▶ Jon and Kate Gosslin of Jon & Kate Plus Eight

▶ Celine Dion: Twins

▶ P. Diddy: Twins

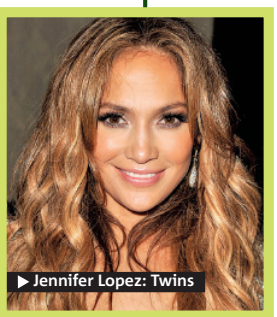
Marriages ended in divorce

Grammy winner

Dated

▶ Raising Sextuplets: Wednesdays at 8 p.m. ET/ 9 p.m. PT beginning Nov. 2 on Twist TV

Raising Sextuplets dad, Bryan Masche, auditioned for American Idol/Jennifer Lopez is a judge on the show



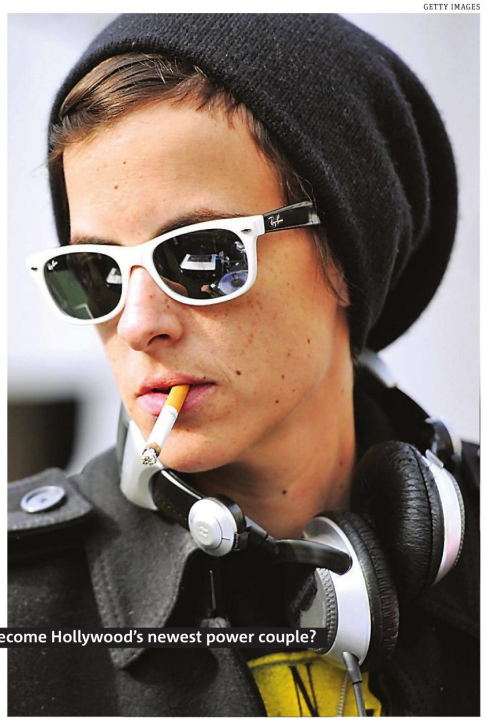
▶ Jennifer Lopez: Twins

Lohan livid over Ronson rebound?

- Lindsay reportedly losing it over Samantha-Christina hook-up
- Troubled star remains in treatment at Betty Ford Clinic

GETTY IMAGES

GETTY IMAGES



Could Christina Aguilera, left, and Samantha Ronson, right, become Hollywood's newest power couple?

While stuck in the Betty Ford Clinic, Lindsay Lohan is reportedly furious about Samantha Ronson new alleged relationship with singer and actress Christina Aguilera, according to In Touch.

"It's driving Lindsay crazy," a source says. "Sam's sister Charlotte can't stand Lindsay. Lindsay keeps saying, 'I know they all set her up with Christina to get back at me.'" METRO

Talking points

Renner Cruise-crazy: Source

STAR STRUCK. Sources tell the National Enquirer that Tom Cruise's new Mission: Impossible co-star, Jeremy Renner, may be getting a little too close for comfort.

"Jeremy is always gushing about how charming and handsome Tom is. He even says things like, 'When I grow up, I want to be just like Tom Cruise,'" a source says of Renner's on-set behaviour. METRO

Sweets spook Wahlberg

SHUNNING SUGAR. Halloween is a healthy holiday in Mark Wahlberg's house, as sources say he and wife Rhea Durham were spotted shooing their young kids away from barrels of candy at an L.A. Halloween fair over the weekend, according to Page Six. METRO

Celebrity tweets

Paris Hilton [@Paris Hilton] Just went into The Haunted House at The Playboy Mansion. So scary and fun!!!

Kanye West [@kanye west] Halloween is the most creative fashion day of the year. quote from Chris Julian.

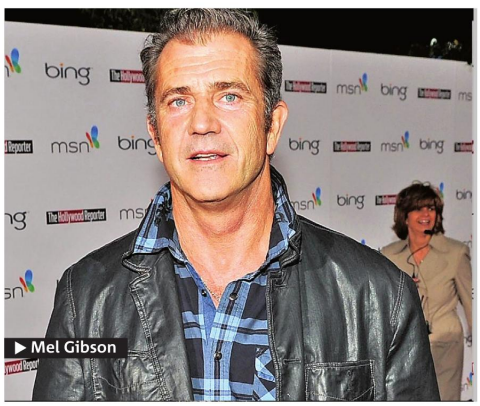
Ben Stiller [@Red HourBen] As a child I never thought I would be sending computer messages to 100s of thousands of people about family activities.

Conan O'Brien [@Conan OBrien] This Halloween, I've hired Larry King to sit in a rocking chair on my front porch. METRO

Celine Dion announces names of twin sons

Celine Dion has announced the names of her new twin boys, born last week. The babies are named Eddie and Nelson, after a music producer friend and Nelson Mandela, her rep told People magazine.

"Celine and (her husband) want their children to be inspired by their names," the rep says. METRO



Mel Gibson

Mel Gibson shells $9.6 M out of 'bare pockets' for church

Though he claims he's broke, Mel Gibson reportedly made a $9.6 million donation to the Malibu, Calif., church he helped found, according to Radar Online.

The donation boosts the worth of the Hope Family Church to about $60 million.

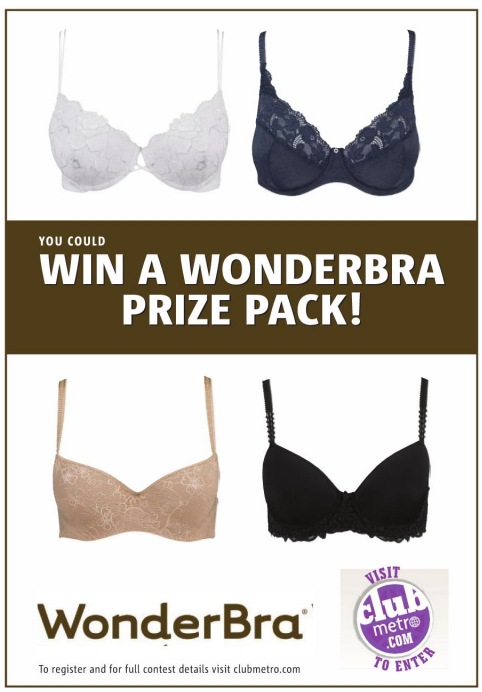
The tiny church has a congregation of about 100 people. METRO

Charlie Sheen

Sheen's wild-night woman to sue him

Capri Anderson — the woman in Charlie Sheen's New York hotel room during the binge that reportedly sent him to the hospital last week — is planning on suing the Two and a Half Men star over the incident, according to TMZ.

Sources say Anderson felt that her life was in danger because of Sheen's crazed behaviour, though police say they have no plans to file charges against him. METRO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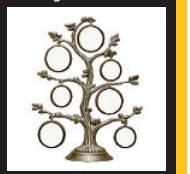
3 life

Your genes

What's in your name?
Today is your last day to search Ancestry.ca for free for French family history records. To mark All Saints Day weekend, the website is offering the majority of its historic records from France — roughly 50 million names — for free. The genealogical website also launched a new collection of documents featuring land grant information in Quebec. More than seven million Canadians claim a French heritage. METRO



The grocery game is undergoing some big changes as retailers deal with an aging population, growing immigration and how to best use the internet to attract consumers. Scan code for news

ISTOCK PHOTO

▶ What's worse for a teenage brain: Six hours of texts and Facebook or six hours of mindless reruns?

Texting or television, a screen is a screen

In a world where watching TV as a family is so rare that it's verging into the realm of nostalgia, should parents urge their kids to unplug?

Let's face it: Teenagers spend hours texting, socializing on Facebook and playing video games. And it's driving their parents nuts.

Sure, there are real dangers associated with all this screen time — everything from cyberbullying to couch-potato obesity. Not to mention driving while texting, shortened attention spans and Internet porn.

But many of today's parents spent hours as kids sitting in front of screens too — only they were TV screens.

Which raises an interesting question: Is Facebook really worse for teenagers' brains than the mindless reruns of Gilligan's Island that their parents consumed growing up?

Douglas Gentile, a child psychologist and associate professor at Iowa State University in Ames, Iowa, who studies the effects of media on children, says texting, Facebook and video games are not inherently bad. Nor are they inherently better or worse than watching TV, although they do pose different risks, such as cyberbullying.

But research has shown that the more time kids spend in front of screens — whether it's TV or instant-messaging — the worse their school performance. "That doesn't mean it's true for every kid, but it makes sense, that for every hour a kid is playing video games, it's an hour that they're not doing homework or reading or exploring or creating," he said.

Gentile calls this the "displacement hypothesis. If screen time is displacing doing their homework, that's bad. But if their homework is done, well, so what?"

THE CANADIAN PRESS

9,000 texts...

- Gentile, who admits that his own teenager crossed the "9,000 texts in one month barrier" last summer, acknowledged that parents are struggling to adjust to a world in which kids would rather look at words on a cellphone screen than have a conversation.
- "To the older generation, it's not their culture," he said. "There is a resistance to it."

Get cooking for Diwali

Next time you have a hankering for Indian food, don't think takeout ◗ Think ahead

That's the message from Anupy Singla, author of The Indian Slow Cooker, who is on a mission to correct misperceptions about Indian food — that it's heavy; that you have to buy 100 spices to make anything; that it's hot; that it's labour intensive.

And to help her get out the message of ease, she enlisted that most ubiquitous of American kitchen tools, the slow cooker.

"It's a very traditional way of Indian cooking, where things are breaking down over hours and hours," says Singla, who came to the U.S. from India's Punjab region when she was three. She says slow cookers actually have much in common with the old clay ovens found in Indian villages. "You get that taste and that feeling with the slow cooker."

Don't worry

Remember that in a country where many people cook over a single gas burner, home-style food was designed to be simple. "Indian food is supposed to be very easy," Anupy Singla, author of The Indian Slow Cooker, says.

"It's a very traditional way of Indian cooking, where things are breaking down over hours and hours. You get that taste and that feeling with the slow cooker."
ANUPY SINGLA

And with Nov. 5 marking the start of Diwali — the Indian festival of lights — it's a great time to test her theory. Because with a focus on presents, visiting friends and family, giving thanks for good fortune and eating (a lot) it's easy to see the appeal of Diwali for anyone.

Here are some tips from Singla to get you started.

Spice it up

Just seven basic spices will get you started: Red chili powder, ground coriander, black mustard seeds, turmeric powder, black salt (kala namak), garam masala and cumin seeds. These form the foundation of North Indian cooking, and can be found in most grocers.

Fear not the hot

Made at home, Indian food is only as spicy as you want it to be. "There's a misconception that Indian food has to be hot, but it's more flavourful than anything else," Singla says.

Dump and go

Which means dust off that slow cooker you got as a wedding gift. The slow cooker brings out the flavour in lentils, curries and other Indian dishes, and does it while you're at work. "Once you do the preparation by purchasing the spices, it's dump and go," Singla says.

For Diwali, which is a meatless holiday for many Indians, Singla suggests starting with rajmah (curried kidney beans), rase wale aloo (spicy potatoes in broth) or spiced cauliflower and potatoes. "There's no standard menu for Diwali, but those hit upon the most popular recipes from the north," Singla says. "And you have to have a dessert because Diwali is all about the sweets."

For that, she suggests kheer, a cardamom-scented rice pudding studded with raisins. THE CANADIAN PRESS

LARRY CROWE/THE CANADIAN PRESS

▶ Spiced cauliflower and potatoes.

▶ Curried sweet potato soup.

Slow-cooked sweet potato and carrot soup

Sweet potatoes and carrots team up in this luscious curried soup that can be cooked for 7 to 8 hours in a slow cooker for an instant weeknight supper.

Curried Slow Cooker Soup

Ingredients :

- 2 medium-large sweet potatoes, peeled and cut into 2-cm (3/4-inch) dice (about 1.25 l/5 cups)
- 500 ml (2 cups) chopped carrots
- 1 small onion, chopped
- 3 ml (3/4 tsp) curry powder
- 2 ml (1/2 tsp) salt, or to taste
- 2 ml (1/2 tsp) black pepper, or to taste
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground ginger
- 1 l (4 cups) chicken broth
- 15 ml (1 tbsp) maple syrup
- 175 ml (3/4 cup) half-and-half cream
- Candied ginger, for garnish (optional)

Preparation:

1. In a 5-l slow cooker, place sweet potatoes, carrots, onion, curry powder, salt, pepper, cinnamon and ginger. Add chicken broth. Stir well to combine. Cover; cook on low for 7 to 8 hours.

2. Puree soup, 250 ml (1 cup) at a time, in a blender or use an immersion blender. Return soup to slow cooker. Add maple syrup and cream. Add salt and pepper, if desired. Cover; cook on high for 15 minutes to reheat.

3. Serve in bowls and garnish with strips or pieces of candied ginger, if desired. Makes 8 servings.

THE ASSOCIATED PRESS

Healing power of plants

Medicinal plants are the source of healing for 85 per cent of the world's population

JESSICA CARLESON
GREEN@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

▶ Farmers pick marigold flowers at a marigold farm in China.

Plants have supplied us with remedies for as long as humans have walked the earth.

The knowledge of herbs and flowers and their medicinal properties was once the preserve of wise old women, and has, in later centuries, been taken up by doctors and scientists.

Many of the most common and important drugs used in Western medicine come from medicinal plants and millions of people around the world rely on them as their primary remedies and sources of income. At least 70,000 plants are believed to be medicinal, and many are still undiscovered. Ethnobotanists search tirelessly for new cures worldwide.

Botanic gardens have been involved in the collection and study of medicinal plants for more than 500 years. Nowadays they also play an invaluable role in teaching nature-illiterate city dwellers how to tell plants apart and opening the door to the fascinating history and modern application of medicinal plants.

One such botanic garden is Chelsea Physic Garden, well hidden behind a wall in well-off western London, England.

It is the city's oldest surviving botanic garden and a living and growing museum. The first medicinal plants were brought here when the garden was founded in 1673 by the Society of Apothecaries of London. The study and collection of medicinal plants has continued ever since. In 1983 they opened their gates to the public and now the charity offers tours of their pharmaceutical beds and the Garden of World Medicine.

"We never tell people to use a plant to treat an ailment. We only say it has been or is being used to do so," said the gardens curator, Rosie Atkins.

Using medicinal plants requires knowledge, what is beneficial in small amounts may be dangerous and even deadly if you ingest too much. Interest in herbal medicine is growing and medical plants are clearly important for the future.

"Look at Avian flu. Star anise was used to create Tamiflu," said Rosie.

So, next time you have an Aspirin remember you've got Meadowsweet (Spiraea Ulmaria) to thank for getting rid of your headache.

Name game

- If a plant's Latin name includes officinalis it means it has been used in the practise of medicine. For example: Mandragora officinarum (Mandrake), Melilotus Officinalis (Yellow Sweet Clover) and Sacchrum Officinarum (sugar cane).

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PULLING BACK THE CURTAIN

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

I recently saw you on TV talking about toxins in personal care products. Was Vaseline included in your list of products to avoid?
Susan from Vancouver, BC

The David Suzuki Foundation compiled the results of our survey of the toxic ingredients found in the cosmetics of Canadians. We asked people to pull back the shower curtain and look for the Dirty Dozen lurking in their soaps and shampoos.

Although we're unable to recommend brands, check the ingredient list of your product. Chances are it contains petrolatum, one of our Dirty Dozen.

Petrolatum is found in many hair care products, lip balms, and skin care products.

It's also known as mineral oil jelly, and it's used as a barrier to lock moisture in the skin, and in hair care products to make hair shine.

But this petrochemical can be contaminated with cancer-causing polycyclic aromatic hydrocarbons.

The European Union considers it a carcinogen and restricts its use in cosmetics. Download our wallet-sized Sustainable Shopper's Guide at davidsuzuki.org so you can avoid petrolatum and the other eleven toxic ingredients commonly found in your soap, shampoo, and deodorant.

ISTOCK PHOTO

▶ Do your soaps and shampoos contain petrolatum?

ALBERTA FARM BOY BLAZES BIOFUEL PATH

TurningPoint

TERESA KRUZE
TURNINGPOINTMEDIA.CA

"I was born in the middle of nowhere and always wore rubber boots to do chores." Evan Chrapko is on the phone from Beijing, China where he's working on a huge biofuel deal. He's a long way from the Two Hills farm in northeastern Alberta where he grew up, the son of a farmer who always told him to dream big.

Chrapko is a chartered accountant and holds a law degree from an Ivy League school in New York. He ended up in Toronto after graduating and linked up with a software company. For two years Evan and his brother Shane lived on Kraft dinner and the vegetables they grew in their backyard until their hard work and sacrifice paid off. After turning down several lucrative offers they finally sold DocSpace, a Web-based file delivery and storage company for $811 million.

Chrapko currently runs six companies and is now blazing a trail through China, India and Pakistan selling technology that will convert biowaste into clean energy. As Chrapko looks back on his success he seems philosophical. "Success has a thousand fathers. Be grounded and centred in your own self worth and don't let anyone tell you it can't be done. Persistence and perseverance are the keys to achieving success."

As Chrapko says goodbye from the airport in Beijing you can tell he's proud of his values and his solid Alberta farm roots. Besides, this is one multi-millionaire who knows once he's done with the executive board rooms around the world he'll be expected back home. His old rubber work boots are waiting.

the numbers

130,000 small businesses are created in Canada each year.

- **After one year.** 96 per cent are still in business.
- **After three years,** 85 per cent are still running.
- **After five years,** 70 per cent are still successful.

▶ Evan Chrapko

Chrapko's Advice

- Persist. "Or else."
- Profit is not a dirty word, especially if it doesn't stand alone (People, Planet, Profit)
- Farming is the best training for business. It's about marshaling resources toward a vision. It's about working hard & smart on all aspects to overcompensate for aspects you can't control.
- Leave the world better than you found it.
- Family is forever

METRO

Catering takes off

It takes skill and dedication to prepare food for the airline industry

RAF BRUSILOW
LIFE@METRONEWS.CA

If you think preparing food for a room full of customers is hard, trying doing it for hundreds of airborne "rooms" of people you've never even met, with all the food cooked the day before. That's the challenge airline caterers face every day and it's one Peter Ho, Cathay Pacific's regional catering manager for North America, has spent decades mastering.

"Airline catering creates many challenges a regular restaurant environment doesn't have to deal with. You have to work with airline schedules, temperature has to be carefully controlled and safety and quality standards have to be higher than at a hotel," Ho said.

While all food preparation requires skill and dedication, airline catering throws a series of logistic wrenches into the equation which complicate the process. An average food cycle sees a plate of airline food cooked and flash-frozen roughly 24 hours before it's scheduled to be reheated on a flight and eaten. Care has to be taken in transport to ensure the food stays safe — and tasty — to eat. Special food requests need to be dealt with well in advance and last-minute flight delays can throw the entire production process into a loop.

Did you know?

- **Cathay Pacific's** Hong Kong catering kitchen is the size of nine football fields and produces 80,000 meals every day.

Consistency is also crucial, right down to the size and shape of a piece of meat or a portion of mashed potatoes. While in a normal restaurant people might order completely different dishes, on a flight no one wants to sit next to someone who opens up their meal to find a much nicer-looking cut of the same meat as you. Menus need to change regularly so that frequent fliers on the same flight path feel they're getting something new as often as possible.

PROVIDED BY DENNY CHENG/CATHAY PACIFIC

▶ High schools are shown the finer points of cleanliness and food preparation in airline catering.

"Consistency and standards are extremely important so airline kitchens have a lot of logistics going into them. Passenger requests change all the time and we keep on changing with them, we have to be innovative all the time," Ho said. The secret to good food is good chefs and airline chefs need to be just as passionate as those in other industries, but with a healthy dose of flexibility due to the constantly changing nature of work schedules and menus.

"Good chefs will have a good culinary background and must have passion for their jobs. They also need to follow strict specifications and be flexible and prepared all the time. You need P.D.C — passion, dedication and commitment," Ho said.

University student's app comes to sites' rescue

Last week, Eric Butler released Firesheep, a program designed to allow users to hack social-media profiles

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It may be a little safer to log into Facebook at coffee shops again.

A student at the University of Iceland has programmed a potential antidote to Firesheep, a hacking tool that can access social networking accounts over unsecured Wi-Fi networks.

It's called FireShepherd and it aims to stop Firesheep, which was apparently created with good intentions but has the potential to wreak havoc.

Seattle-based software developer Eric Butler released Firesheep as a way of informing Internet users about the dangers of using public Wi-Fi networks that aren't password protected.

Hackers have long been able to intercept data that crosses open Wi-Fi networks but Firesheep makes it simple for virtually anyone to do it.

Once Firesheep is running on a laptop, it monitors the traffic over the wireless network and identifies when other users are logging into a variety of social media sites, also including Twitter, the photo-sharing site Flickr, and the Wordpress blogging platform.

Then with a simple click, a Firesheep user can access that user's account. The program was downloaded more than 129,000 times within the first 24 hours it was online and has attracted growing global media attention ever since.

FLICKR: JEKERT GWAPO

▶ A student at the University of Iceland has created an antidote to the snooping application Firesheep. Facebook users can now breathe a little easier.

Gunnar Atli Sigurdsson says FireShepherd is a way to protect against Firesheep while using public WiFi, and it will also guard the other users on the same network.

He says the program floods the network with data that should stop Firesheep from working.

But he warns that FireShepherd won't protect against other more-sophisticated hacking methods and users should still be cautious about what they do on a public network.

Butler says he didn't release Firesheep just to mess with Facebook users and hoped to pressure web administrators into beefing up their security methods.

"Websites have a responsibility to protect the people who depend on their services. They've been ignoring this responsibility for too long, and it's time for everyone to demand a more secure web," he wrote on his blog.

To get FireShepherd visit: http://bit.ly/c8RGPC.

THE CANADIAN PRESS

"Websites have a responsibility to protect the people who depend on their services. They've been ignoring this responsibility for too long, and it's time for everyone to demand a more secure web."

ERIC BUTLER, FIRESHEEP'S CREATOR

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Rookie pitcher stymies Rangers

4	0
GIANTS	RANGERS

The rookie pitched way beyond his years, sending a shudder through Rangers Ballpark.

Madison Bumgarner dominated for eight innings, Aubrey Huff and Buster Posey homered, and the San Francisco Giants put on a fielding clinic in Game 4, beating Texas 4-0 last night to move within one win of that elusive World Series title.

Dressed in black-and-orange, the Giants were spooky good in taking a 3-1 edge. Bumgarner allowed only three hits and took all the fun out of a festive Halloween crowd.

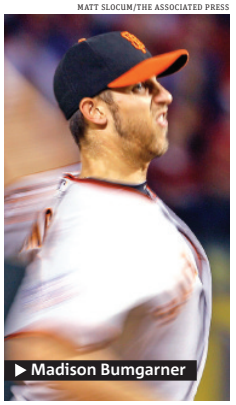
Ace Tim Lincecum will try tonight to deliver the Giants' first championship since they moved to San Francisco in 1958. Now it's up to Cliff Lee to save the Rangers' season in Game 5.

The 21-year-old Bumgarner and closer Brian Wilson helped the Giants become the first team to post two shutouts in a World Series since Baltimore threw three straight to close out the Dodgers in 1966.

Huff's two-run homer in the third gave Bumgarner all the support he needed. Posey added a solo shot in the eighth — Bumgarner and Posey became the first rookie battery to start in the Series since Spec Shea and Yogi Berra for the Yankees in 1947.

THE ASSOCIATED PRESS

MATT SLOCUM/THE ASSOCIATED PRESS



▶ Madison Bumgarner

Lions keep hope alive

▶ Punt return for touchdown helps B.C. beat Riders ▶ Win allows Lions to stay in playoff race ▶ B.C. moves into tie for 3rd in West with Eskimos

DARRYL DYCK/THE CANADIAN PRESS

▶ Yonus Davis of the B.C. Lions looks over his shoulder as he returns a punt for a touchdown yesterday, while Saskatchewan Roughrider Eddie Johnson, right, gives chase.

Yonus Davis returned a punt 88 yards for a touchdown and the B.C. Lions scored on a late turnover to keep their CFL playoff hopes alive with a 23-17 victory over the Saskatchewan Roughriders yesterday afternoon.

The Lions were leading 13-10 midway through the fourth quarter when linebacker Anthony Reddick stripped Rider quarterback Darian Durant of the ball.

Korey Banks recovered the fumbled on the Saskatchewan 22-yard line.

That set up Travis Lulay's four-yard pass to Steven Banks, which sealed the B.C. win.

23	17
LIONS	RIDERS

The victory improved the Lions' record to 7-10, which moved them into a third-place tie in the West with the Edmonton Eskimos.

The Eskimos improved to 7-10 with a 16-13 overtime win against the Winnipeg Blue Bombers Saturday night.

To clinch the final playoff spot, the Lions must win their final game of the season next week against the Tiger-Cats in Hamilton. They will also need the Riders to defeat the Eskimos in Regina.

If the Lions and Eskimos are tied, Edmonton advances to the playoffs because of two wins over B.C. this season.

Paul McCallum kicked field goals of 27, 39 and 34 yards yesterday.

The Riders, who lost their fourth consecutive game, drop to 9-8 but have wrapped up second place in the West and will host the division semifinal.

Durant threw a 24-yard touchdown pass to Cary Koch, then hit Chris Getzlaf on a 25-yard play late in the game. Durant also was guilty of several costly turnovers.

Warren Kean kicked a 15-yard field goal.

THE CANADIAN PRESS

A bad day for Favre, Vikings

WINSLOW TOWNSON/THE ASSOCIATED PRESS

▶ Favre after being hit.

Tom Brady outscrambled Brett Favre, then kept the ball away from Tarvaris Jackson when Favre was knocked out of the game, and the New England Patriots held on to beat the Minnesota Vikings 28-18 yesterday.

Brady scrambled free to find Brandon Tate breaking free behind the defence for a 65-yard touchdown to give the Patriots (6-1) the lead in the third quarter.

28	18
PATRIOTS	VIKINGS

BenJarvus Green-Ellis's first touchdown, a 13-yard run, made it 21-10.

Favre drove Minnesota (2-5) to the New England three-yard line before he was flattened by defensive lineman Myron Pryor. Jackson relieved him and threw a one-yard touchdown pass to Naufahu Tahi on the first play, then hit Percy Harvin for the two-point conversion that made it 21-18.

But Brady engineered a 13-play, 80-yard drive, with Green-Ellis getting cartwheeled into the end zone to make it 28-18 with just 1:56 left.

THE ASSOCIATED PRESS

4 sports

Sports in brief

1 Liverpool climbed out of the relegation zone thanks to Maxi Rodriguez's late winner against Bolton.

2 Kim Clijsters defeated top-ranked Caroline Wozniacki 6-3, 5-7, 6-3 to win the WTA Championships.

3 For the first time in more than five years, Tiger Woods is no longer golf's No. 1 player. Lee Westwood of England took the top ranking yesterday.

THE ASSOCIATED PRESS

Scan code for more sports

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Tampa Bay	10	7	2	1	0	35	30	15	3-1-1-0	4-1-0-0	7-2-1-0	W2
d-Montreal	11	7	3	1	0	29	25	15	3-2-1-0	4-1-0-0	7-2-1-0	L1
d-Philadelphia	11	6	4	1	0	34	27	13	4-3-0-0	2-1-1-0	5-4-1-0	W3
Washington	11	7	4	0	0	34	25	14	4-1-0-0	3-3-0-0	7-3-0-0	W1
Pittsburgh	12	6	5	1	0	35	28	13	2-4-0-0	4-1-1-0	6-3-1-0	W1
Boston	8	6	2	0	0	24	11	12	2-2-0-0	4-0-0-0	6-2-0-0	W2
Atlanta	11	5	4	1	1	36	40	12	2-2-0-0	3-2-1-1	4-4-1-1	L1
NY Rangers	10	5	4	1	0	31	30	11	1-3-1-0	4-1-0-0	5-4-1-0	W1
Toronto	10	5	4	1	0	23	23	11	3-2-1-0	2-2-0-0	5-4-1-0	L2
Carolina	10	5	5	0	0	25	30	10	1-2-0-0	4-3-0-0	5-5-0-0	L1
NY Islanders	11	4	5	1	1	31	37	10	2-1-0-1	2-4-1-0	4-5-1-0	L4
Ottawa	11	4	6	1	0	26	35	9	3-3-0-0	1-3-1-0	4-5-1-0	L1
Florida	9	4	5	0	0	24	21	8	2-1-0-0	2-4-0-0	4-5-0-0	W1
Buffalo	12	3	7	2	0	30	38	8	0-4-1-0	3-3-1-0	2-6-2-0	L3
New Jersey	12	3	8	1	0	20	39	7	0-4-1-0	3-4-0-0	3-7-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	11	8	3	0	0	34	25	16	4-0-0-0	4-3-0-0	7-3-0-0	W2
d-Chicago	13	7	5	1	0	39	37	15	4-4-0-0	3-1-1-0	6-4-0-0	W1
d-Colorado	11	6	4	1	0	39	39	13	2-2-0-0	4-2-1-0	5-4-1-0	W2
St. Louis	9	6	1	1	1	26	17	14	5-0-0-0	1-1-1-1	6-1-1-1	W4
Detroit	9	6	2	0	1	30	24	13	4-1-0-1	2-1-0-0	6-2-0-1	W1
Nashville	10	5	2	3	0	23	25	13	2-1-3-0	3-1-0-0	5-2-3-0	L2
Dallas	10	6	4	0	0	32	27	12	3-3-0-0	3-1-0-0	6-4-0-0	W1
Columbus	10	6	4	0	0	24	29	12	3-3-0-0	3-1-0-0	6-4-0-0	L1
Calgary	11	6	5	0	0	33	34	12	4-3-0-0	2-2-0-0	6-4-0-0	L2
San Jose	9	5	3	1	0	29	25	11	2-2-1-0	3-1-0-0	5-3-1-0	W2
Vancouver	9	4	3	0	2	24	24	10	4-0-0-1	0-3-0-1	4-3-0-2	W2
Minnesota	10	4	4	0	2	26	27	10	3-3-0-1	1-1-0-1	4-4-0-2	L1
Phoenix	10	3	4	3	0	23	39	9	1-2-2-0	2-2-1-0	3-4-3-0	L1
Anaheim	12	4	7	0	1	29	42	9	2-1-0-1	2-6-0-0	4-5-0-1	L2
Edmonton	9	3	4	0	2	28	33	8	2-2-0-0	1-2-0-2	3-4-0-2	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Saturday's results
Boston 4 Ottawa 0
Florida 3 Montreal 1
N.Y. Rangers 2 Toronto 0
Washington 7 Calgary 2
Chicago 3 Minnesota 1
Colorado 5 Columbus 1
Dallas 4 Buffalo 0
Detroit 5 Nashville 2
Los Angeles 3 New Jersey 1
Philadelphia 6 N.Y. Islanders 1
Pittsburgh 3 Carolina 0
San Jose 5 Anaheim 2
St. Louis 4 Atlanta 3 (SO)
Tampa Bay 3 Phoenix 0

Tonight's games
(All times Eastern)
Chicago at N.Y. Rangers, 7 p.m.
Carolina at Philadelphia, 7 p.m.
New Jersey at Vancouver, 10 p.m.

Tomorrow's games
Ottawa at **Toronto**, 7 p.m.
Montreal at Columbus, 7 p.m.
San Jose at Minnesota, 8 p.m.
Vancouver at Edmonton, 9 p.m.

SCORING LEADERS

	G	A	PT
Stamkos, TB	9	10	19
C.Stewart, Col	9	7	16
Sharp, Chi	10	5	15
Crosby, Pgh	6	9	15
J.Thornton, SJ	5	10	15
Getzlaf, Ana	4	11	15
B.Richards, Dal	3	11	14
Ovechkin, Wash	7	6	13
Roy, Buf	6	7	13
P.Stastny, Col	5	8	13
D.Sedin, Vcr	7	5	12
Alfredsson, Ott	6	6	12
Perry, Ana	5	7	12
Selanne, Ana	5	7	12
St. Louis, TB	5	7	12
Heatley, SJ	4	8	12
Hejduk, Col	4	8	12
Ladd, Atl	4	8	12
Zetterberg, Det	3	9	12
Hossa, Chi	7	4	11
Datsyuk, Det	6	5	11
Giroux, Pha	6	5	11
Semin, Wash	6	5	11
J.Williams, LA	5	6	11
Callahan, NYR	4	7	11
Marleau, SJ	4	7	11
P.Kane, Chi	3	8	11
M.Koivu, Minn	3	8	11
Letang, Pgh	3	8	11
Wisniewski, NYI	2	9	11
Lidstrom, Det	1	10	11
Liles, Col	0	11	11
H.Sedin, Vcr	0	11	11
Kostitsyn, Mtl	6	4	10
Neal, Dal	5	5	10
Plekanec, Mtl	5	5	10
Byfuglien, Atl	4	6	10
Stoll, LA	4	6	10
Cullen, Minn	3	7	10
Enstrom, Atl	2	8	10
Keith, Chi	1	9	10
Kessel, Tor	7	2	9
R.Bourque, Cal	6	3	9
J.Carter, Pha	5	4	9
Dubinsky, NYR	5	4	9
Eriksson, Dal	5	4	9
Horton, Bos	5	4	9
Backstrom, Wash	4	5	9
Ryan, Ana	4	5	9
Malkin, Pgh	3	6	9
Morrison, Cal	3	6	9
Toews, Chi	3	6	9

TRANSACTIONS

HOCKEY

NHL

CAROLINA HURRICANES—Recalled F Jonathan Matsumoto from Charlotte (AHL). Assigned F Drayson Bowman and F Zac Dalpe to Charlotte.

PHOENIX COYOTES—Assigned C Andrew Ebbett to San Antonio (AHL) and C Tyler Mosienko to Las Vegas (ECHL). Released C Dusty Collins.

ST. LOUIS BLUES—Assigned D Nathan Oystrick Peoria (AHL).

WASHINGTON CAPITALS—Assigned D Brian Fahey and C Mathieu Perreault to Hershey (AHL).

AHL

PEORIA RIVERMEN—Released Steve Ward.

MLB

2010 POSTSEASON

WORLD SERIES

(All times Eastern)
Texas (AL) vs. San Francisco (NL)
(San Francisco leads series 3-1)
Last night's result
San Francisco 4 Texas 0
Saturday's result
Texas 4 San Francisco 2
Tonight's game
San Francisco (Lincecum 16-10) at Texas (Lee 12-9), 7:57 p.m.
Wednesday's game
x-Texas at San Francisco, 7:57 p.m.
Thursday's game
x-Texas at San Francisco, 7:57 p.m.
x — played only if necessary.

GIANTS 4, RANGERS 0

San Francisco	ab	r	h	bi	Texas	ab	r	h	bi
ATorrs cf	5	1	3	1	Andrus ss	3	0	0	0
FSnchz 2b	4	0	0	0	MYong 3b	4	0	1	0
A.Huff dh	4	1	1	2	JHmltn cf	4	0	0	0
Posey c	4	1	1	1	Guerrr dh	3	0	0	0
C.Ross lf	3	0	0	0	N.Cruz lf	3	0	1	0
Uribe 3b	4	0	0	0	Kinsler 2b	2	0	0	0
Ishikaw 1b	3	0	0	0	Francr rf	3	0	0	0
Renteri ss	4	1	3	0	BMolin c	3	0	0	0
Schrhlt rf	4	0	0	0	Morlnd 1b	3	0	1	0
Totals	**35**	**4**	**8**	**4**	**Totals**	**28**	**0**	**3**	**0**

San Francisco	**002**	**000**	**110**	**4**
Texas	**000**	**000**	**000**	**0**

E—Uribe (1). DP—San Francisco 2. LOB—San Francisco 6, Texas 3. 2B—A.Torres 2 (4). HR—A.Huff (1), Posey (1). SB—A.Torres (1). CS—J.Hamilton (1).

	IP	H	R	ER	BB	SO
San Francisco						
Bumgarner W,1-0	8	3	0	0	2	6
Br.Wilson	1	0	0	0	0	2
Texas						
Tom.Hunter L,0-1	4	5	2	2	1	1
Ogando	1 2-3	0	0	0	0	2
D.Oliver	1 2-3	2	1	1	0	2
O'Day	2-3	1	1	1	0	0
D.Holland	1	0	0	0	1	1

Umpires—Home, Mike Winters; First, Jeff Kellogg; Second, Gary Darling; Third, John Hirschbeck; Right, Bill Miller; Left, Sam Holbrook.
T—3:09. A—51,920 (49,170)
at Arlington, Texas.

GOLF

NATIONWIDE TOUR CHAMPIONSHIP

At Charleston, S.C.
Par 72
Final Round

Brendan Steele, $180,000	66-71-65-73—275
Colt Knost, $108,000	68-69-70-68—275
Joe Affrunti, $68,000	66-71-72-70—279
David Hearn, $48,000	**69-69-71-71—280**
Brian Smock, $38,000	71-72-70-68—281
Hunter Haas, $38,000	67-73-71-70—281
Jamie Lovemark, $31,167	69-72-70-71—282
Jim Herman, $31,167	72-72-67-71—282
Tag Ridings, $31,167	69-72-68-73—282
Paul Claxton, $27,000	71-71-70-71—283
Jeff Brehaut, $21,200	72-71-71-70—284
Rob Oppenheim, $21,200	69-71-71-73—284
Gavin Coles, $21,200	70-72-69-73—284
Kevin Kisner, $21,200	71-67-72-74—284
James Hahn, $21,200	66-74-67-77—284
Jason Gore, $15,000	69-72-73-71—285
Daniel Summerhays, $15,000	70-72-72-71—285
Scott Gutschewski, $15,000	69-75-70-71—285
Jhonattan Vegas, $15,000	72-70-70-73—285
Bobby Gates, $15,000	71-73-69-72—285
D.J. Brigman, $11,200	70-76-68-72—286
Dicky Pride, $11,200	73-70-70-73—286
David Mathis, $11,200	71-73-69-73—286
David Branshaw, $9,200	71-74-74-68—287
Scott Gardiner, $9,200	68-75-72-72—287
William McGirt, $8,400	67-75-71-75—288
Brandt Jobe, $7,400	74-73-70-72—289
Tommy Gainey, $7,400	71-72-71-75—289
Justin Hicks, $7,400	69-73-71-76—289
J.J. Killeen, $7,400	70-68-72-79—289
Also	
Jon Mills, $4,800	**73-76-71-72-292**

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Chelsea	10	8	1	1	27	3	25
Arsenal	10	6	2	2	22	10	20
Man United	10	5	5	0	22	12	20
Man City	10	5	2	3	13	10	17
Tottenham	10	4	3	3	11	10	15
West Brom	9	4	3	2	13	15	15
Newcastle	10	4	2	4	19	14	14
Everton	10	3	4	3	10	8	13
Fulham	10	2	6	2	12	11	12
Bolton	10	2	6	2	13	14	12
Sunderland	10	2	6	2	9	12	12
Liverpool	10	3	3	4	10	14	12
Aston Villa	10	3	3	4	9	13	12
Birmingham	10	2	5	3	10	12	11
Stoke	10	3	1	6	10	14	10
Blackpool	9	3	1	5	13	20	10
Wigan	10	2	4	4	7	18	10
Blackburn	10	2	3	5	9	12	9
Wolverhampton	10	2	3	5	10	16	9
West Ham	10	1	3	6	7	18	6

Yesterday's results
Aston Villa 0 Birmingham 0
Bolton 0 Liverpool 1
Newcastle 5 Sunderland 1

FRANCE

LIGUE 1

Yesterday's reuslts
Montpellier 1 Paris Saint-Germain 1
Valenciennes 1 Lille 1
Marseille vs. Rennes (ppd., heavy rain)
Monaco vs. Bordeaux (ppd., heavy rain)

GERMANY

BUNDESLIGA

Yesterday's results
Hoffenheim 4 Hannover 0
Mainz 0 Borussia Dortmund 2

GREECE

Yesterday's results
Ergotelis 1 PAOK 2
Iraklis 0 Volos 0
Kerkyra 1 Asteras 2
Panionios 1 AEK 0
Panserraikos 1 Kavala 0

ITALY

SERIE A

Yesterday's results
Bari 0 Udinese 2
Brescia 0 Napoli 1
Cagliari 2 Bologna 0
Catania 0 Fiorentina 0
Cesena 0 Sampdoria 1
Palermo 0 Lazio 1
Parma 0 Chievo Verona 0

NETHERLANDS

EREDIVISIE

Yesterday's results
ADO The Hague 1 FC Utrecht 0
AZ Alkmaar 2 Feyenoord 1
NEC Nijmegen 0 Vitesse Arnhem 0
Roda JC 2 Willem II 2

SPAIN

LA LIGA

Yesterday's results
Athletic Bilbao 3 Getafe 0
Atletico Madrid 1 Almeria 1
Deportivo La Coruna 3 Espanyol 0
Malaga 1 Real Sociedad 2
Racing Santander 4 Osasuna 1
Sporting Gijon 1 Villarreal 1

PORTUGAL

LIGA

Yesterday's results
Beira Mar 3 Naval 1
Leiria 1 Sporting 2
Nacional 1 Setubal 0
Olhanense 1 Maritimo 1

SCOTLAND

PREMIER LEAGUE

Yesterday's result
Hearts 0 Kilmarnock 3

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	2	1	.667	—
New Jersey	2	1	.667	—
Toronto	**1**	**1**	**.500**	**½**
New York	1	2	.333	1
Philadelphia	0	3	.000	2

SOUTHEAST DIVISION

	W	L	Pct	GB
Atlanta	3	0	1.000	—
Miami	3	1	.750	½
Orlando	1	1	.500	1½
Washington	0	2	.000	2½
Charlotte	0	3	.000	3

CENTRAL DIVISION

	W	L	Pct	GB
Indiana	2	1	.667	—
Chicago	1	1	.500	½
Cleveland	1	2	.333	1
Milwaukee	1	2	.333	1
Detroit	0	3	.000	2

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	3	0	1.000	—
Dallas	2	1	.667	1
Memphis	2	1	.667	1
San Antonio	1	1	.500	1½
Houston	0	3	.000	3

NORTHWEST DIVISION

	W	L	Pct	GB
Portland	3	0	1.000	—
Denver	2	1	.667	1
Oklahoma City	2	1	.667	1
Minnesota	1	2	.333	2
Utah	1	2	.333	2

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	3	0	1.000	—
Golden State	2	1	.667	1
Sacramento	2	1	.667	1
Phoenix	1	2	.333	2
L.A. Clippers	0	3	.000	3

Yesterday's results
Miami 101, New Jersey 78
Dallas 99, L.A. Clippers 83
Utah 120, Oklahoma City 99
L.A. Lakers 107, Golden State 83

Saturday's games
Atlanta 99, Washington 95
Sacramento 107, Cleveland 104
Portland 100, New York 95
Memphis 109, Minnesota 89
Chicago 101, Detroit 91
Indiana 99, Philadelphia 86
Denver 107, Houston 94
Milwaukee 98, Charlotte 88
New Orleans 99, San Antonio 90

Tonight's games
(All times Eastern)
Portland at Chicago, 8 p.m.
Toronto at Sacramento, 10 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

Tomorrow's games
Atlanta at Cleveland, 7 p.m.
Philadelphia at Washington, 7 p.m.
Boston at Detroit, 7:30 p.m.
Minnesota at Miami, 7:30 p.m.
Orlando at New York, 7:30 p.m.
Portland at Milwaukee, 8 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	6	1	0	.857	205	154
N.Y. Jets	5	2	0	.714	159	110
Miami	4	3	0	.571	133	149
Buffalo	0	7	0	.000	131	211

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Tennessee	5	3	0	.625	224	150
Jacksonville	4	4	0	.500	165	226

NORTH

	W	L	T	Pct	PF	PA
Baltimore	5	2	0	.714	149	129
Pittsburgh	5	2	0	.714	147	102
Cleveland	2	5	0	.286	118	142
Cincinnati	2	5	0	.286	146	163

WEST

	W	L	T	Pct	PF	PA
Kansas City	5	2	0	.714	163	122
Oakland	4	4	0	.500	212	168
San Diego	3	5	0	.375	210	174
Denver	2	6	0	.250	154	223

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	175	153
Philadelphia	4	3	0	.571	172	157
Washington	4	4	0	.500	155	170
Dallas	1	6	0	.143	154	187

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	2	0	.714	169	133
Tampa Bay	5	2	0	.714	136	163
New Orleans	5	3	0	.625	167	148
Carolina	1	6	0	.143	85	150

NORTH

	W	L	T	Pct	PF	PA
Green Bay	5	3	0	.625	176	136
Chicago	4	3	0	.571	126	114
Minnesota	2	5	0	.286	129	144
Detroit	2	5	0	.286	183	165

WEST

	W	L	T	Pct	PF	PA
Seattle	4	3	0	.571	123	140
St. Louis	4	4	0	.500	140	141
Arizona	3	4	0	.429	133	198
San Francisco	2	6	0	.250	137	178

WEEK 8

Byes: N.Y. Giants, Philadelphia, Chicago, Atlanta, Baltimore, Cleveland
Yesterday's results
Detroit 37 Washington 25
Green Bay 9 N.Y. Jets 0
Jacksonville 35 Dallas 17
Kansas City 13 Buffalo 10 (OT)
Miami 22 Cincinnati 14
New England 28 Minnesota 18
Oakland 33 Seattle 3
San Diego 33 Tennessee 25
St. Louis 20 Carolina 10
Tampa Bay 38 Arizona 35
New Orleans 20 Pittsburgh 10
At London, England
San Francisco 24 Denver 16
Tonight's game
Houston at Indianapolis, 8:30 p.m.

CFL

WEEK 18

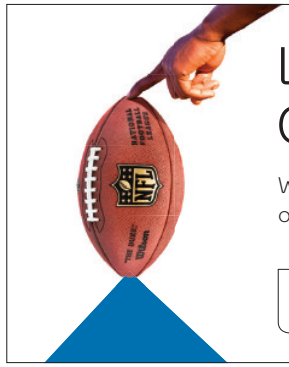
EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	17	12	5	0	517	445	24
x-Hamilton	17	9	8	0	460	427	18
x-Toronto	17	8	9	0	343	438	16
Winnipeg	17	4	13	0	432	450	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	12	5	0	591	427	24
x-Saskatchewan	17	9	8	0	466	465	18
Edmonton	17	7	10	0	359	514	14
B.C.	17	7	10	0	443	445	14

x — clinched playoff berth.
y — clinched division title.
Yesterday's result
B.C. 23 Saskatchewan 17
Saturday's result
Edmonton 16 Winnipeg 13 (OT)
Friday's results
Calgary 55 Hamilton 24
Montreal 37 Toronto 30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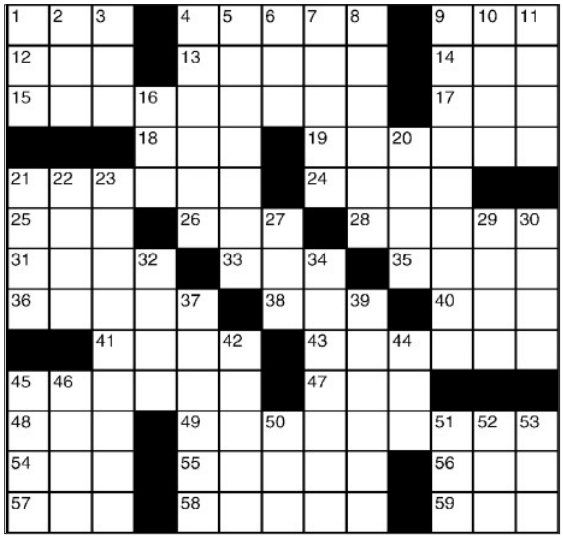
Crossword



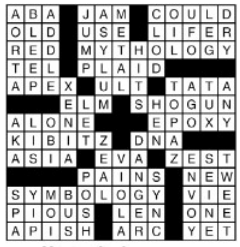
Across

1 Historic period
4 Argo skipper
9 Lingerie item
12 Cover
13 Greek marketplace
14 Conger or moray
15 They're caught
17 Solidify
18 Kimono sash
19 Become rigid and bonelike
21 "— down the hatches!"
24 Night light?
25 "— Town"
26 Upgrade from dial-up
28 Litters' little ones
31 Raw minerals
33 Young fellow
35 Father (Fr.)
36 Civil rights org.
38 Kitten's remark
40 Scoot
41 Takes to court
43 Hound variety
45 Female graduate
47 Cleopatra's snake
48 In favor of
49 They're bought
54 Fish eggs
55 Point of view
56 Actor Vigoda
57 Chances, for short
58 Eye surgery device
59 Keglers' org.

Down

1 Sprite
2 Brazilian city, familiarly
3 Commotion
4 Poked
5 Opposed to
6 Scale member
7 Synthetic fiber
8 Egypt's president, 1956-70
9 They're taught
10 Coral structure
11 Companion
16 Youngster
20 First course, maybe
21 Benefit
22 Emanation
23 They're sought
27 Felon's flight
29 Verifiable
30 Transmitted
32 Pond gunk
34 Fiasco
37 Foreign correspondent?
39 Laundromat machine
42 Hot box?
44 Locale for 42-Down
45 Roundish hairdo
46 Aerobatic maneuver
50 Some teammates of QBs
51 Potential syrup
52 Recede
53 Vast expanse

▶ Yesterday's answer



Sudoku

	9		4		2		7	
		7	8		5	6		
	5	8				9	1	
			3		1			
1								5
			6		4			
	4	1				2	6	
		3	1		7	4		
	7		2		9		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	1	2	5	3	6	8	4	7
4	7	6	2	1	8	9	5	3
3	5	8	4	7	9	6	1	2
6	2	3	8	9	5	4	7	1
1	4	5	7	6	2	3	8	9
8	9	7	3	4	1	5	2	6
5	6	9	1	2	4	7	3	8
7	8	1	9	5	3	2	6	4
2	3	4	6	8	7	1	9	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

My cutie vampire Nav. This mid night chilling cold reminds me the warmth of your hugs. Come to me and hug me tonight, love me and take my breath away.
LOVE, MUAAAH.

Good Morning Awesome! You are the best thing that's happened to me in a very long time! I love you endlessly. You're beauty, wit and intellect are all things that make me smile on the regular. I can't wait until I see you later and give you a big squeeze! Have a groovy day Babay!
XOD

I was nothing before i met you and you made me become everything. You make me happier than i thought i could ever be. With whole heart, love you Sue.
TEI

Today 13°/9° Rain 80%
Tuesday 13°/8° Variable
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For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 You may be assertive by nature but the current cosmic climate urges you to look for ways to get on with people, not ways to beat them

♉ Taurus April 21-May 21 Something unexpected will occur today, something that makes you realize how fragile our world can be. The good news is that while others are panicking left, right and center you will keep your head and do the right thing.

♊ Gemini May 22-June 21 You will find it easy to make changes today but you won't find it so easy to change back again later, so get it right or leave well alone.

♋ Cancer June 22-July 22 There are more than enough good things to go around, so don't approach each and every situation as if it is some kind of contest.

♌ Leo July 23-Aug.23 If something of a minor nature goes wrong today don't overreact and make a big deal of it.

♍ Virgo Aug. 24- Sept. 22 Something fortunate will happen today but you may not realize just how beneficial it is until later in the week. Travel and social activities are especially well starred now, so get out and about and make new friends.

♎ Libra Sept. 23-Oct. 23 It's not enough just to have a good idea, you have also got to be motivated enough to turn that idea into reality. Are you?

♏ Scorpio Oct. 24-Nov. 22 Do you sit back and watch the world go by or do you get up and get involved? Today's Venus-Pluto link may make you somewhat lethargic but that's okay because later in the week you will come to life again

♐ Sagittarius Nov. 23-Dec. 21 Don't be too eager to apologize if you have to shove someone out of the way today – it's their fault for moving so slowly and meandering all over the place.

♑ Capricorn Dec. 22-Jan. 20 You will have to deal with someone today who, to put it politely, is a little slow-witted. It may be a pain having to spell everything out in words of two syllables but make the effort.

♒ Aquarius Jan. 21-Feb. 18 Someone is trying to sow seeds of doubt in your mind and if they succeed your dream will never come true.

♓ Pisces Feb. 19-March 20 It might be wise not to draw attention to yourself today because there are things you will be doing that work best if you haven't got people looking over your shoulder the whole time. **SALLY BROMPTON**

Caption contest

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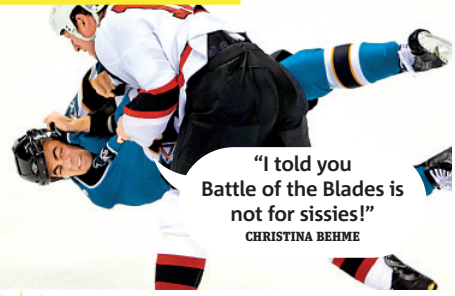

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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